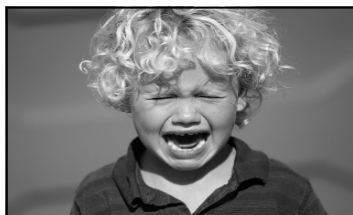
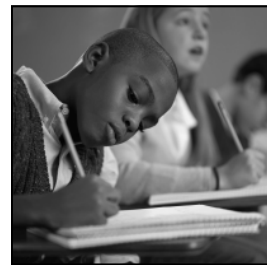
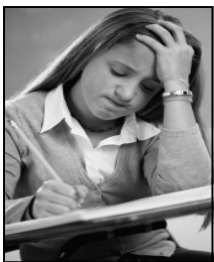


# NAMI Basics

The fundamentals of caring for you,  
your family, and your child with mental illness

FREE education course offered for parents/caregivers of children and adolescents with mental health issues. Classes include:

- Introduction - it's not your fault; mental illnesses are brain disorders
- The biology of mental illness; getting an accurate diagnosis
- Treatment works - an overview of treatment options
- Tools for the toolbox - communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members
- Recordkeeping and the systems your child is involved in (school, juvenile justice, mental health)
- Survivor stories, review, wrap-up



**Thursdays 6:30 - 9:00 pm**  
**Anaconda Hospital**  
**Conference Room**  
**Introductory Session Jan. 15**  
**Course Dates: Jan. 22-Feb. 26**

Call or email to sign up or for more  
information:

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Melanie (406) 560-6371

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